

LAKE PERRIS JUNIOR LIFEGUARD PROGRAM PARENT HANDBOOK

2018 SEASON



17801 LAKE PERRIS DR.
PERRIS, CA 92571

(951) 940-5600

Mission Statement

THE MISSION OF THE CALIFORNIA STATE PARKS LAKE PERRIS JUNIOR LIFEGUARD PROGRAM IS TO PROVIDE QUALITY WATER SAFETY AND ENVIRONMENTAL EDUCATION TO CHILDREN AGES 8-15. THE JUNIOR LIFEGUARD PROGRAM INTRODUCES YOUNG PEOPLE TO SAFE AQUATIC RECREATIONAL OPPORTUNITIES AND IS DESIGNED TO IMPROVE YOUNG PEOPLE'S PHYSICAL CONDITIONING, THEIR UNDERSTANDING AND RESPECT FOR THE ENVIRONMENT, RESPECT FOR THEMSELVES, THEIR PARENTS, AND THEIR PEERS.

THIS MISSION IS ACCOMPLISHED THROUGH ACTIVITIES THAT INCLUDE INSTRUCTION BASED PRACTICE IN OPEN WATER SWIMMING, BEACH RUNNING, PADDLEBOARDING, KAYAKING, SELF-RESCUE, AND MUCH MORE. RESPECT FOR THE ENVIRONMENT IS INCREASED BY THE UNDERSTANDING GAINED THROUGH DAILY PHYSICAL CONTACT WITH THE ENVIRONMENT AND LECTURES ENCOMPASSING HANDS ON ACTIVITIES. INCREASED RESPECT FOR THE PARTICIPANT'S SELF IS GAINED THROUGH THEIR PERSONAL PROGRESS AND ACCOMPLISHMENTS. RESPECT FOR OTHERS IS INCREASED BY CONTACT WITH COMPASSIONATE INSTRUCTORS AND BY WORKING WITH OTHER YOUTH IN A TEAM BUILDING ENVIRONMENT.

Typical Daily Schedule

PADDLEBOARDS/ WATER ENTRY

0830- 0900: ROLL CALL/ WARM-UP ON BEACH

- CHECK IN
- GET BUOY
- LEAVE JGS BELONGINGS IN CLASS ROOM

➤ STRETCHING ROUTINE

0900-0930: DAILY VITAMIN

0930-1000: PADDLEBOARD INTRO/ DEMONSTRATION

1000-1130: WATER ROTATIONS (30 MINS EACH)

1. PADDLEBOARDS
2. RESCUE BUOY/ WATER ENTRY
3. DROWNING RECOGNITION

1130-1200: LUNCH

1200-1230: FREE TIME

1230-1400: PADDLEBOARD RELAY

1400-1430: CLEAN UP

DROP-OFF / PICK-UP PROCEDURES

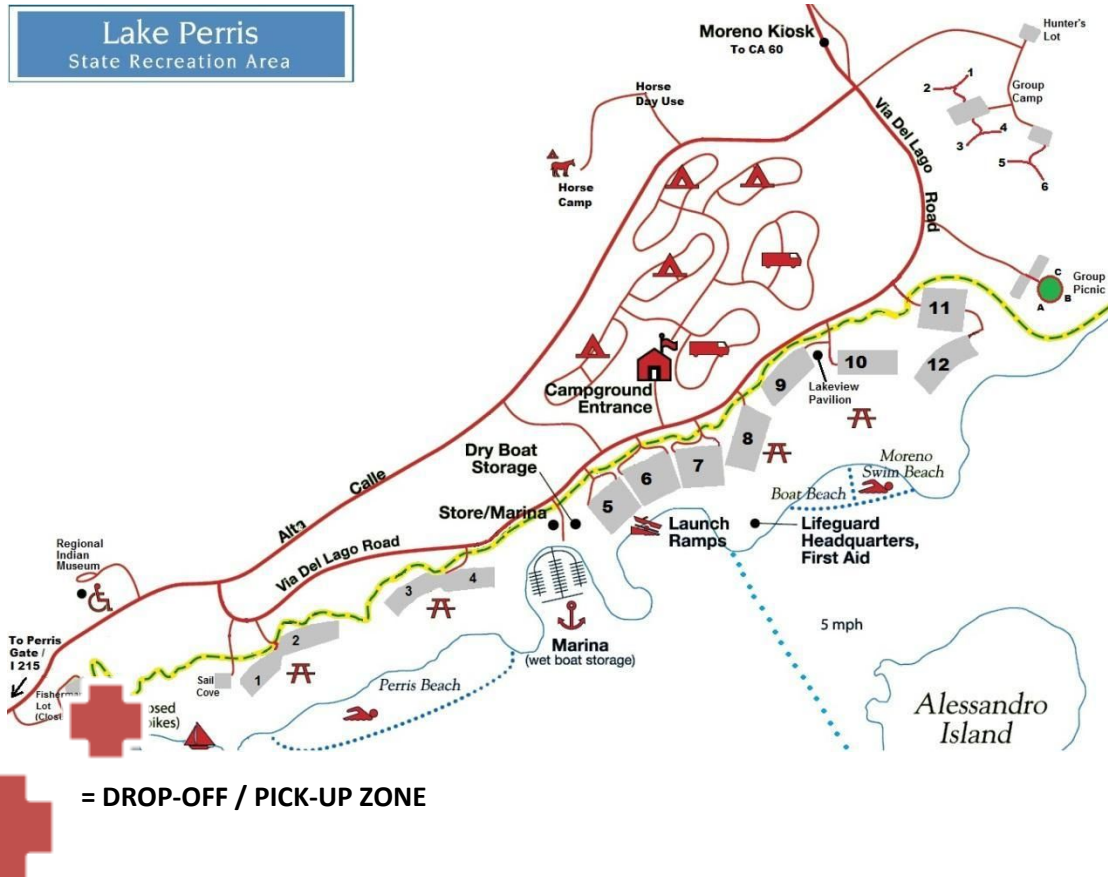
IT IS THE SOLE RESPONSIBILITY OF EACH PARENT TO ENSURE THEIR CHILD'S SAFE TRAVEL TO AND FROM THE PROGRAM. NEITHER THE STATE OF CALIFORNIA NOR THE LAKE PERRIS JUNIOR LIFEGUARD PROGRAM IS RESPONSIBLE FOR STUDENTS OR THEIR TRANSPORTATION OUTSIDE OF SCHEDULED PROGRAM HOURS. PARENTS ARE EXPECTED TO BE PROMPT AT DROPPING OFF AND PICKING UP THEIR JUNIOR LIFEGUARDS. PARENTS ARE RESPONSIBLE FOR THEIR CHILDREN IMMEDIATELY PRIOR TO AND IMMEDIATELY FOLLOWING SCHEDULED PROGRAM HOURS.

THE PROGRAM STARTS PROMPTLY AT 9:00AM ON MORENO BEACH DIRECTLY OUTSIDE THE LAKEVIEW PAVILION, NEXT TO LOTS 9-10. PARENTS MAY DROP JUNIOR GUARDS OFF IN PARKING LOT 9. WE WILL BEGIN ROLL CALL

AT 8:30AM IN FRONT OF THE RESTROOM / LOCKER ROOM, LOCATED IN BETWEEN
THE TWO AFOREMENTIONED LOTS. SEE NEXT PAGE FOR MAP.

SICKNESS AND INJURY

IF YOUR CHILD IS SICK OR INJURED THEY SHOULD NOT COME TO JUNIOR LIFEGUARDS. IF THEY ARE UNABLE TO COMPLETE THE WORKOUT OR PARTICIPATE FULLY IN THE PROGRAM THEY SHOULD STAY HOME TO RECOVER OR RECUPERATE. WE ARE UNABLE TO ACCOMMODATE YOUR CHILDREN IF THEY ARE UNABLE TO FULLY BE INCLUDED IN THE DAY'S ACTIVITIES. SENDING YOUR CHILD WITH AN ILLNESS OR INJURY IS A SAFETY HAZARD FOR THOSE EXPOSED TO THEM IN THE CASE OF ILLNESS AND IN THE CASE OF INJURY REQUIRES THAT WE PULL A STAFF MEMBER TO SIT WITH THE JG DURING THE WORKOUT OR ACTIVITIES WHEN THEY SHOULD BE SUPERVISING THE OTHER JG'S.



DISCIPLINE & CODE OF CONDUCT

FOR THE JUNIOR LIFEGUARD PROGRAM TO BE SUCCESSFUL, STUDENTS MUST EXHIBIT BEHAVIOR THAT IS RESPECTFUL OF OUR STAFF, OTHER STUDENTS, OUR EQUIPMENT AND FACILITIES. GROUP ACTIVITIES ARE VITAL TO OUR PROGRAM. A STUDENT THAT IS DISRUPTIVE TO GROUP ACTIVITIES AND DISRESPECTFUL TO INSTRUCTORS DIMINISHES THE ENJOYMENT AND EDUCATION OF THE OTHER STUDENTS.

THE INTENT OF DISCIPLINE IS TO INSTRUCT THE STUDENT SO AS TO GAIN COMPLIANCE WITH ACCEPTABLE BEHAVIOR NORMS. THEREFORE, PLEASE

FAMILIARIZE YOUR JUNIOR LIFEGUARD WITH THE FOLLOWING EXPECTED BEHAVIORS:

- ARRIVING ON TIME AND BEING PROMPTLY PICKED UP FROM THE PROGRAM
- RESPECT OF INSTRUCTORS AND OTHER STAFF
- RESPECT OF OTHER STUDENTS: NO SHOVING, HITTING OR NAME-CALLING
- RESPECT OF THE FACILITIES, EQUIPMENT AND PROPERTY OF OTHERS
- COOPERATE WITH OTHERS AND PRACTICE GOOD SPORTSMANSHIP
- FOLLOW ALL SAFETY RULES AND ALL INSTRUCTIONS
- LISTEN QUIETLY TO DIRECTIONS / ANNOUNCEMENTS
- PARTICIPATE IN THE DAILY WORKOUT AND REGULAR PROGRAM ACTIVITIES
 - IF YOUR CHILD REFUSES TO TAKE PART IN THE MORNING WORKOUT A PHONE CALL HOME WILL BE MADE AND THE CHILD WILL BE SENT HOME FOR THE DAY.

THE PROGRESSIVE STEPS OF DISCIPLINE ARE AS FOLLOWS:

1. WHEN A MINOR DISCIPLINE SITUATION OCCURS, THE STUDENT WILL BE COUNSELED ABOUT THE SITUATION AND GIVEN AN EXPLANATION OF WHAT BEHAVIOR CHANGE IS EXPECTED.
2. IF A SUBSEQUENT INCIDENT OCCURS, THE STUDENT WILL BE ASKED TO TAKE A "TIME OUT" OR "TAKE A LAP". A "TIME OUT" IS A PERIOD OF FIVE TO TEN MINUTES THAT THE STUDENT SPENDS QUIETLY REFLECTING ON THE INCIDENT. A "TAKE A LAP" IS A SUPERVISED SWIM OR RUN OF REASONABLE DISTANCE. AFTER THE "TIME OUT" OR "TAKE A LAP" THE STUDENT IS ALLOWED TO REJOIN THE GROUP ACTIVITY.
3. WHEN A STUDENT HAS A SERIES OF "TIME OUT'S" OR "TAKE A LAP'S" IN THE SAME DAY OR A SERIES OF DISCIPLINE SITUATIONS OVER SEVERAL DAYS, THE

LEAD INSTRUCTOR WILL INFORM THE YOUTH'S PARENT OR GUARDIAN ABOUT THE SITUATION.

4. WHEN A STUDENT CONTINUALLY DISREGARDS THE INSTRUCTORS OR SHOWS LITTLE OR NO IMPROVEMENT WITH STEPS 1 THROUGH 3, THE STUDENT WILL BE SUSPENDED FROM THE PROGRAM FOR ONE DAY. THE PARENT OR GUARDIAN OF THE STUDENT WILL BE INFORMED THAT THE STUDENT HAS BEEN SUSPENDED. THERE WILL BE NO PRORATED REFUND OF FEES.

5. IF AFTER SUSPENSION THE STUDENT'S BEHAVIOR IS STILL NOT ACCEPTABLE, THE PARENT OR GUARDIAN OF THE STUDENT WILL BE INFORMED THAT THE STUDENT MAY NO LONGER ATTEND ANY OF THE PROGRAM'S ACTIVITIES. THERE WILL BE NO REFUND OF FEES.

*MAJOR FIRST TIME INCIDENTS MAY PROGRESS THE STUDENT DIRECTLY TO STEP 4 OR STEP 5 OF THE ABOVE PROCEDURES. MAJOR INCIDENTS WOULD INCLUDE:

- DITCHING THE PROGRAM
- INSUBORDINATION
- FIGHTING WITH ANOTHER STUDENT OR OTHER PERSON
- UNLAWFUL OR NON-CONSENSUAL TOUCHING OF ANOTHER PERSON
- STEALING THE PROPERTY OF ANOTHER
- VANDALISM OF EQUIPMENT OR FACILITIES
- THROWING ROCKS AT OTHER STUDENTS, WILDLIFE, OR PROPERTY OF OTHERS
- OTHER CONDUCT, WHICH BRINGS DISRESPECT ON THE INSTRUCTORS, JUNIOR LIFEGUARDS OR THE STATE OF CALIFORNIA.

PLEASE NOTE: A PHONE CALL HOME AT ANY TIME DURING THE PROGRAM MAY RESULT IN THE STUDENT FORFEITING PARTICIPATION IN FIELD TRIP ACTIVITIES AS THEY HAVE SHOWN AN INABILITY TO FOLLOW SIMPLE RULES

AND HAVE SHOWN DISRESPECT TO THE PROGRAM AND THEIR INSTRUCTORS. TRAVELING AWAY FROM THE LAKE WITH THE PROGRAM IS A PRIVILEGE RESERVED FOR THOSE ABLE TO CONDUCT THEMSELVES APPROPRIATELY AT ALL TIMES.

RECOMMENDED DAILY CHECKLIST

REQUIRED:

1. UNIFORM T-SHIRT/RASH GUARD
2. LARGE BEACH TOWEL
3. SUNSCREEN (SPF 15 OR HIGHER)
4. FOOTWEAR (SANDALS & RUNNING SHOES)
5. LUNCH WITH SNACKS FOR LECTURE (A COOLER IS A MUST!)
6. WATER BOTTLE! (REUSABLE, ½ GALLON TO 1 GALLON JUG RECOMMENDED)
7. BACKPACK OR BAG TO CARRY GEAR.

RECOMMENDED:

8. WIDE BRIM HAT (NAVY BLUE)
9. SUNGLASSES
10. FINS
11. RASHGUARD (WHITE)

PROHIBITED ITEMS: ELECTRONIC DEVICES, PORTABLE GAME SYSTEMS, IPODS, IPADS, ECT...

- CELL PHONES CAN BE BROUGHT BUT SHOULD STAY IN THE GEAR BAG AND NOT BE USED UNLESS THERE IS AN EMERGENCY.
- PROGRAM INSTRUCTORS ARE NOT RESPONSIBLE FOR ANY ITEMS LOST OR STOLEN DURING THE PROGRAM.

NOTE: PUT IDENTIFICATION ON ALL YOUR BELONGINGS! (IE: BLACK WATERPROOF MARKER) EVERYONE HAS THE SAME STUFF AND IT IS NOT THE LIFEGUARDS' RESPONSIBILITY TO KEEP TRACK OF THE JG'S PROPERTY. ALL PERSONAL ITEMS SHOULD BE PLACED IN THE BACKPACK FOR SAFEKEEPING AND TO AVOID LOST ITEMS WHILE THEY ARE NOT IN USE.

AN IMPORTANT NOTE ABOUT SUNSCREEN: EXCESSIVE EXPOSURE TO SUNLIGHT DURING CHILDHOOD CAN LEAD TO SKIN CANCER LATER IN LIFE. IT IS FOR THIS REASON THAT WE ENCOURAGE OUR JG'S TO PUT SUNSCREEN ON SEVERAL TIMES A DAY AND HIGHLY RECOMMEND JUNIOR GUARDS WEAR A HAT AND RASHGUARD. JG'S WITH NOTICEABLE SUNBURNS WILL BE SENT HOME TO HEAL BEFORE RETURNING TO THE PROGRAM. THERE WILL BE NO EXCEPTIONS TO THIS RULE.

HANDBOOK AGREEMENT

I HAVE READ, UNDERSTAND AND AGREE TO ALL THE RULES AND REGULATIONS SET FORTH BY THE LAKE PERRIS JUNIOR LIFEGUARD PARENT HANDBOOK. FURTHERMORE, I UNDERSTAND THAT ANY TIME A PHONE CALL IS MADE HOME FOLLOWING A FAILURE TO FOLLOW THE STATED PROGRAM DISCIPLINE POLICY THERE IS THE CHANCE THAT I WILL BE UNABLE TO PARTICIPATE IN REGULAR PROGRAM ACTIVITIES AND/OR FIELD TRIPS. IF YOU HAVE ANY QUESTIONS ABOUT THE PROGRAM, THE PARENT HANDBOOK OR

SCHEDULING PLEASE FEEL FREE TO CALL US AT (951) 940-5600. YOU MAY ALSO CONTACT THE JG LEAD COORDINATOR, JACKIE MIRANDA AT (951) 765-7097.

PARTICIPANT

PRINT NAME: _____ **SIGNATURE:** _____

PARENT OR GUARDIAN

PRINT NAME: _____ **SIGNATURE:** _____

PLEASE SIGN AND SEND WITH PARTICIPANT ON THE FIRST DAY OF SESSION